

Welcome, retreat sisters, to your 4<sup>th</sup> Annual Spring Women's Spiritual Retreat at the Blowing Rock Conference Center, located in the beautiful mountain village of Blowing Rock, North Carolina.

In addition to experiencing a spiritual women's retreat, you might enjoy a range of activities. To highlight a few:

- seventeen nearby hiking trails ranging from moderate to strenuous for those who enjoy hiking in the mountains
- outdoor chapel is available for meditation or to sit and enjoy the view
- several walking trails and as much space as you need
- names pulled Friday night for limited number of massages available @ \$70 an hour -- *cash only please*

*Catch up with old friends, and make new ones.*

**Registration is transferable, but not refundable**

Register online at:

<https://www.womensspiritualretreat.org>

*Many A.A.'s go in for annual or semi-annual housecleanings. Many of us also like the experience of an occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation."*

*12 & 12, Step Ten, Page 89*

PLEASE WELCOME 

**Catherine Androyna from Milwaukee, WI**

*Catherine is a Spiritual Director and Retreat Leader, and writes:*

I have over 30 years of experience in 12-step spirituality. I hold all spiritual traditions in high regard. I journey on my spiritual path daily, utilizing 12-Step Spirituality, Ignatian Spiritual Exercises, and Centering Prayer, and remain open to the Spirit's invitation to expand my path. I have been a retreatant since 1994 and a Retreat Coordinator for many years. I have led and participated in planning/ implementing multiple 12-step workshops and retreats. I have served two terms on the Jesuit Retreat House Board of Directors in Oshkosh, WI. I am an affiliated Spiritual Director and volunteer at Siena Retreat Center in Racine, WI. I continue to provide 1:1 Spiritual companionship in person and via Zoom. I have 29 years of experience in health care as a Registered Nurse in the areas of transplant, trauma, administration, case management, GI, and Geriatrics. I am the mother of three adult children and a grandmother of three teenagers.

Retreat Theme: *"Conscious Contact - Reflection and Exploration"*

We'll explore our experience of conscious contact with our Higher Power. Together, we will reflect on our contact prior to our introduction to the 12 steps. Did we have any contact, conscious or not? As we move through the 12 steps, how has our connection changed? What are our current practices of prayer and meditation to improve our conscious contact? As we take time away with our Higher Power, what new consciousness, awareness, or experience might we take home with us?

A limited number of twenty-minute one-on-one sessions with our retreat leader may be available on Saturday. Names will be drawn from the basket on Friday evening.

**Questions contact:**

**Betty G. at**

[awsrreg@gmail.com](mailto:awsrreg@gmail.com)

**Text: 980-515-8325, or**

**Lisanne S. at**

[Lisannejsmith@gmail.com](mailto:Lisannejsmith@gmail.com)

**Text: 704-905-1706**

# 4th Annual Spring Women's Spiritual Retreat April 24-26, 2026



**Spring Retreat Theme is:**

**"Conscious Contact –  
Reflection and Exploration"**

**Catherine Androyna**  
*Retreat Leader*



The peace and serenity to be gained are unlimited, but space for the retreat is not!

**Register online at:**

<https://www.womensspiritualretreat.org>



Women's retreats serve a purpose that extends far beyond a simple getaway. They create intentional spaces where women can:

- Experience spiritual renewal – Dedicated time for reflection and prayer nurtures spiritual growth in ways difficult to achieve in busy daily life
- Connect authentically with others – Deep relationships form when women share experiences in an environment free from distractions
- Gain new perspectives – Stepping away from familiar surroundings opens space for fresh insights and creative thinking

Activities such as prayer, meditation, yoga, and stretching, along with small group discussions, a speaker meeting, and limited one-on-one sessions with the Retreat Leader, are designed to strengthen and encourage women in AA recovery. And let's not forget the element of fun! This retreat is open exclusively to women in AA.

**What to Bring:**

- Snacks to Share
- Meditation books, journal, flashlight, water bottle, and address book
- Bring Cash For: massage if selected @ \$70/hour, 50/50 raffle, and BRCC staff gratuity
- Lawn chair is optional
- Warm sweater/jacket/hat
- Yoga mat

**Check-in at 3:00 pm. Dinner at 6:00. Coffee/tea/soft drinks provided.** Retreat ends noon Sunday. **Early Bird arrival on Thursday** is \$60. Early Bird meals at BRCC are Friday breakfast (\$12), and lunch (\$16).



- ◆ When you have turned onto Possum Hollow Road:
- ◆ Follow Possum Hollow **.7** miles to a stop sign
- ◆ Turn **LEFT** onto Sunset Drive. Continue **.2** miles to the stop sign.
- ◆ Turn **LEFT** onto Goforth Road and continue for **about .6** miles until you come to the 15 mph speed limit sign; you will see the entrance to Blowing Rock Conference Center just ahead on your right.
- ◆ Turn **RIGHT** and follow the road to the main parking lot.



**COST FOR THE WEEKEND**

**Rooms**

- Lodge: \$235 per person
- Single Room: \$335
- Cottage (sleeps 4): \$210 per person
- Rowe Dorm \$190

**Friday dinner, Saturday 3 meals, and Sunday breakfast are included with registration.**

**REGISTER, SELECT ROOM TYPE ONLINE**

<https://womensspiritualretreat.org>

**For registration questions, contact:**

**Betty G. at**

[awsrreg@gmail.com](mailto:awsrreg@gmail.com)

**Text: 980-515-8325, or**

**Lisanne S. at**

[Lisannejsmith@gmail.com](mailto:Lisannejsmith@gmail.com)

**Text: 704-905-1706**

**Registration Form**

**Would you like to be of service? (Circle one)**

Morning Prayer    Yoga    Set-up/Breakdown  
Hospitality    Chair Workshop    Greeter

Name: \_\_\_\_\_

Badge Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Sobriety Date: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Roommate Name** \_\_\_\_\_

Accessible room needed?    Yes    No  
**(Accessible rooms are very limited.)**

**Food allergies:** \_\_\_\_\_

**Golf cart ride needed?**    Yes    No

**Do you require a first floor room?**    Yes    No

**There are no elevators at BRCC**

Use this form or **Register online** at [https://womensspiritualretreat.org/](https://womensspiritualretreat.org)

**Lodge \$235 per person double occupancy  
Twelve single rooms @ \$335  
Cottage (up to 4) is \$210 per person  
Rowe Dorm \$190**

**Registration Amount**    \$ \_\_\_\_\_

**Early Bird Thurs. (\$60)**    \$ \_\_\_\_\_

**Friday Breakfast. (\$12)**    \$ \_\_\_\_\_

**Friday Lunch (\$16)**    \$ \_\_\_\_\_

**Scholarship Contribution**    \$ \_\_\_\_\_

**Total Amount Enclosed**    \$ \_\_\_\_\_

**CHECK/MONEY ORDER PAYABLE TO:**

**"Women's Spiritual Retreat" and mail with this form to:**

**Betty Gregory @ 2422 Purser Drive  
Charlotte, NC 28215**